



# SENIOR HAPPY'NINGS

SEPTEMBER/OCTOBER 2017

SCITUATE COA  
27 BROOK ST  
SCITUATE, MA 02066  
781-545-8722



## Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

### COA STAFF

**Director** - Linda Hayes, x15  
[lhayes@scituatema.gov](mailto:lhayes@scituatema.gov)

**Administrative Assistant**  
Jill Johnston, x10  
[jjohnston@scituatema.gov](mailto:jjohnston@scituatema.gov)

**Transportation Coordinator**  
Jean Sullivan, x17  
[jean.sullivan@scituatema.gov](mailto:jean.sullivan@scituatema.gov)

**Van Drivers:** Mary Brown,  
Jay Brien, John White,  
Jim Keeley

**Outreach Coordinator**  
Jenny Gerbis, x14  
[jgerbis@scituatema.gov](mailto:jgerbis@scituatema.gov)

**Activities & Volunteer Coordinator**  
Lisa Thornton, x12  
[ltornton@scituatema.gov](mailto:ltornton@scituatema.gov)

**Manager of Social Services**  
Laura Minier  
[lminier@scituatema.gov](mailto:lminier@scituatema.gov)  
781-378-1653

### COA BOARD

John D. Miller, Chair  
Dr. Gordon Price, Vice  
Dale Balog  
Lucille Sorrentino  
Janice Lindblom, Secretary  
Helen Jablonski  
Leslie James  
Janice Desmond  
**Selectman Liaison**  
John Danehey

### From the Director -

*"Some days I amaze myself. Other days I put my keys in the fridge."*

As September rolls around again, it always reminds me of the first day of school – new shoes, walking to school with my friends laughing, the air a little crisper if not just for that day. It is a nice memory and one that makes me feel grateful for what I have had in my life—good family, friends, neighbors, culture, leisure, education, work, and my health. To know the challenges that some have faced or that I will eventually face myself – whether loss of family members, health concerns, or new living situations – is enough to help me wake up every day just glad and grateful that I am here and able to live this day maybe a little better than the last. Stress is an unfortunate by-product of the life we sometimes lead, but strategies to combat stress as well as to enhance our lives are a priority as we age. What are your stress-reducing strategies: exercise, recreational pursuits, reading and entertainment, visits with family or friends? I have mine, and the trick is to recognize their importance and keep them a priority. It can be easy to forget, so consider this a ‘friend’ly reminder not to – because you are too valuable and we need our friends to help us remember that! Some stress cannot be helped and it often comes with responsibilities we have for others—as parents, adult children, employees; but that is why we need ways to lessen the weight we sometimes carry—whether self-imposed or life’s curveballs. Actively managing stress keeps us healthier and elevates our quality of life. Maybe something the senior center is offering would help you to do just that. We try to add a little laughter and well-being to every day, along with those other stress-reducers. Give something new a try! I hope you also have memories to last a lifetime and enjoy abundant gratitude to make every day a little better. I think I will shop for my back-to-school September shoes tonight ... a nice way to perpetuate a memory.

♥ Linda

### AGING MASTERY PROGRAM® (AMP)

Thursdays @ 9:30 - 11:00AM

SEPTEMBER 21 through NOVEMBER 30

The Scituate Council on Aging is offering this 10-week health & wellness program to residents 55 and over developed by the National Council on Aging (NCOA) in 2013. Program GOAL: Empower older adults to make and maintain small but impactful changes in health behaviors.

*This popular program has been offered the last two years—It is only available in the Fall.*  
*Space is limited! Sign-up Now!*

Call Lisa Thornton or Linda Hayes to register. This program is partially funded by Harvard Pilgrim Healthcare and the Massachusetts Council on Aging.

### SENIOR CENTER

Hours of Operation:

**Monday - Thursday**  
**8:30 AM - 4:30 PM**

**Friday 8:30AM - 3:00PM**

## Trips —live & learn!

### COA VAN TRIPS - PAYMENT IS DUE at SIGN UP

Fri, September 22: 48th Annual Cape Cod **Scallop Festival**

Arrive COA @ 9:45am, Return to Scituate @ 4:30pm, lunch—choice of chicken or fried scallops. **\$25** includes van.

Sun, October 15: Daniel Webster **Fall Tea**. Seating is at 2pm and the tea lasts until 4pm. Sign up NOW. First Come First Serve. This popular event will fill up quickly, so call today! Payment is required within 3 days of sign up, otherwise we will offer your spot to someone on the waitlist. **\$20**

Tues., October 31: **Wind & Wood CONCERT- Ellison Center, Duxbury** Call for van ride or drive yourself! **FREE** Concert @ 11am. Depart COA @ 10am. Return to Scituate @ 1pm

Thurs. October 12: Lake Winnepesaukee **Turkey Dinner Train**, Final day for sign up is **September 5th, \$85**

**THERE MAY BE A SEAT LEFT on the TRAIN for this Full Day Trip with Joanne Tours. CALL TODAY.**

Fri, November 3: Annual Boston **Christmas Festival**. Arrive COA @ 9:30am, Return to Scituate @ 4:30pm, **\$17** includes admission & van ride

Wed. Nov. 15: Wrentham Outlets Shopping Trip **\$5**

Tues, November 21: South Shore Vocational Tech, Brass Lantern Bakery—**PIE DAY** Bring your wallet and bring home some pies for the holiday!



Thurs. Nov. 30: **Boston Symphony Orchestra**

Sign-ups for transportation to Boston Symphony Orchestra **Rehearsal** is NOW! We are providing a van for rehearsal on Thursday, 11/30. Sign up with \$15 payment for van is due immediately. Last day to sign up is October 4. If we have 8 people, we will call you so YOU can purchase your ticket on-line.

ATTENTION ALL TICKETED ACTIVITIES and TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.**

## Transportation —local & out-of-town

**10 Ride Pass for \$10.00 = \$1.00 each way**

**Cash = \$1.25 each way/ \$2.50 round trip**

**Out of Town = \$5.00 EACH WAY**

**Monthly Donation \$25.00 includes Local and Out of Town**

### Transportation Coordinator

Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

**Out-of-town Medical Rides require 5 days notice. Appointments must be between 10:30AM and end by 1:15 PM. Later appointments, ending after 1:15PM—Return ride can be as late as 5:00 PM.**

*We schedule these rides through South Shore Community Action Council, which is a separate service and requires coordination of their drivers and vans from Plymouth. Cost is \$5.00 round trip to be sent to the COA- Transportation.*

**Local Rides within Scituate require at least 2 days notice. Medical Rides should be Monday, Wednesday or Friday between 8:30 AM. - 3:00 PM.** *Local rides include appointments to doctors, the Senior Center for activities, the library, shopping, hair dresser, etc. Our van runs on a schedule during Council on Aging hours.*

**We have regular van trips to the following locations with at least 2 days advance sign-ups, with the cost being the same as the local rides.**

### TUESDAYS

SHAWS SUPERMARKET - 9:00 – 9:45 AM

### WEDNESDAYS

HANOVER MALL / TRADER JOES - 10:00 – 11:30 AM  
(2nd & 4th Wednesday of the month)

### THURSDAYS

SCITUATE HARBOR - 9:00 - 10:00 AM  
CONGREGATIONAL CHURCH LUNCH - 12:00 – 1:00PM

### VOLUNTEER DRIVERS NEEDED –

*Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.*



### Discount Senior MBTA Cards

can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

**When making medical appointments, we will need your appointment date, time, doctor's name, address and telephone number.** Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

## Programs, Special Events, Speakers

### W E D N E S D A Y M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.



**Call 781-545-8722 to register**

**Wed, Oct 4 @ 10:00 AM**

**Shake Your Soul Demonstration by**

South Shore Conservatory—Watch or call the Senior Center for confirmation and details to come.

**Wed, Sept 6 @ 10:30 AM**

**Boat Builder of the Melonseed Skiff**

**Roger Crawford**

Don't miss this wonderful presentation!

"If your boat isn't this pretty, doesn't sail this well,  
or make you feel this good...  
perhaps you should be sailing a Melonseed Skiff?"

**Wed, Sept 20 @ 10:30AM**

**A Year Hiking the Bay Circuit Trail**

**Carolyn Sones, Naturalist and Hiker**

Spanning 37 towns and 230 miles, the Bay Circuit trail connects the North Shore to the South Shore beginning at Plum Island and ending at Kingston Bay. Starting in 2014, Carolyn Sones and group of her friends decided to spend the next year exploring this extensive trail system. Carolyn will share stories of her meanderings and how you can enjoy this wonderful rich outdoor experience close to home!

**Wed, Oct 11 @ 10:30 AM**

**Compassion Fatigue & Care Partner Burnout**

**Kim Bennett, LSW- Visiting Angels**

For family caregivers facing the difficult feelings of anger and guilt, including specific techniques and common sense guidance, how to manage one's own care, how to recognize—and discuss—when it's time to make transitions at life-changing points, when to ask for assistance, and how to remain yourself while you are a caregiver

**Wed, October 25th @ 10:30am**

**EARRING PARTY!**

**Sponsored by North River Home Care**

There will be hundreds of different beads to creatively put together various bead combinations to make your own personal earrings. There is no skill needed, guaranteed everyone will make a few pairs of earrings by the end of the class. Make and wear your masterpieces or give them to friends or grandchildren as gifts.

We kindly ask that you RSVP to all events and speakers so we can plan accordingly for food and set-up. If you are NOT able to attend an appt/event you have signed up for to please call to let us know. We have professionals who volunteer their valuable time and we often have a waiting list for others who would like to attend. Thank you!



**New DAY! TUESDAY MEN'S BREAKFAST**

**Please Call to RSVP @ 781-545-8722**



**MEN'S GROUP**

**9:00AM, September 12—** IF THE TURBULENT WAVES FROM A NOR'EASTER CANNOT HIT THE SHORELINE THERE CAN BE NO DAMAGE! Wave Attenuation Devices (WADs) are, site specific, three-sided, hollow, concrete, pyramids, with triangulated holes on all sides, that will dissipate the destructive energy from a turbulent wave and keep it from hitting the shoreline. Fred Dorr, a Scituate native since '41, will demonstrate how WADs work and actually show sand moving from the ocean to an eroded beach using videos of scale model WADs and an eight-foot wave tank. Join Fred and participate in this intriguing discussion and video presentation of WADs. To be held at Widow's Walk North River Grille Restaurant. Full Breakfast \$8/pp.

**9:00AM, October 3— The Truth About Loneliness**

1 in 3 Americans, age 45 plus, are chronically lonely according to a 2010 AARP study. Those numbers are up from 1 in 5 just ten years earlier. Long term chronic loneliness is equal to smoking as factor for early mortality and its increasing prevalence significantly impacts our collective sense of community and resiliency. Laura Minier, LICSW, Manager of Social Services for the Town of Scituate, will facilitate a conversation on this topic, reviewing the most recent literature and exploring pathways of connectedness. To be held at Widow's Walk North River Grille Restaurant. Full Breakfast \$8/pp



## Once a Month ... Support and Services

### CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

**3rd Wednesday** at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

### OTHER AREA SUPPORT GROUPS—MONTHLY

#### **EVENING CAREGIVER DISCUSSION GROUPS**

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### **DAYTIME CAREGIVER DISCUSSION GROUPS**

⇒ **First Tuesday** at 2:00-3:00pm at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

#### **VISION SUPPORT GROUP**

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

### **BLOOD PRESSURE CHECK!** **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed.- **10:30-11:30 AM.**

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

#### **FREE HEALTH SCREENING CLINICS: Weds- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

### PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

#### **LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS**

**2nd Friday**

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11am

#### **ASK A LAWYER**

**3rd Friday**

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

**Call 781-545-8722 for a morning appointment.**

#### **MEET YOUR SENATOR**

**3rd Thursday**

Sen. Patrick O'Connor

**10:30-11:30AM**

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

#### **MEET YOUR REPRESENTATIVE** **4th Friday**

**Rep. Jim Cantwell** meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

#### **FINANCIAL SERVICES**

**1st Monday**

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Call the Senior Center to be referred for an appointment in their local Scituate offices.***

**Deborah Flanagan**, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

**Call for an appt.**

**Adrienne Rowles**, *Financial Advisor and Vice President of The Woerdeman Financial Group.*

If you are looking for predictable income and safety of your investments, she is available for a FREE 30 minute appt.

#### **DISCUSSION GROUP - “Women, Men & Wall Street”**

Suspended. Please call Senior Center if interested.

**Senior Center Site Survey to be available—Watch the Mariner, Town website, Facebook for information!**

# October 2017

Mon	Tue	Wed	Thu	Fri
<p>2 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball</p>	<p>3 9:00 Mens Breakfast 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble; Cribbage 1:30 Tai Chi 3:00 Memoirs</p>	<p>4 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga 10:00 Shake Your Soul—TBD 1:00 History with Bob Jackman 4:00 Pickleball 6:00 Badminton</p>	<p>5 9:30 AMP 11:00 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>6 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Laughter Yoga</p>
<p>9  Columbus Day Holiday</p>	<p>10 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble; Cribbage 1:30 Tai Chi 3:00 Memoirs</p>	<p>11 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga 10:30 Café – Caregiver Fatigue 1:00 History with Bob Jackman 3:00 Tech Time 4:00 Pickleball</p>	<p>12 Turkey Train 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 5:30 COA Board Meeting</p>	<p>13 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx</p>
<p>16 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Book Club 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball</p>	<p>17 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble; Cribbage 1:30 Tai Chi 3:00 Memoirs</p>	<p>18 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga 12:00 Caregivers Support 1:00 History with Bob Jackman 4:00 Pickleball 5:00 Supper Out @Polcaris 6:00 Badminton</p>	<p>19 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>20 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga  6:00 Trivia Night @ St. Mary's <i>sponsored by FOSS - Friends of Scituate Seniors</i></p>
<p>23 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball</p>	<p>24 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble; Cribbage 1:30 Tai Chi 3:00 Memoirs 10am –1pm HEALTH FAIR</p>	<p>25 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga 10:30 Café – Earring Party 1:00 History with Bob Jackman 4:00 Pickleball 6:00 Badminton</p>	<p>26 9:30 AMP 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</p>	<p>27 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx</p>
<p>30 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball</p>	<p>31 9:00 Cardio 9:00 Shaws 10:00 Depart for Duxbury Trip 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 3:00 Memoirs</p>	<p>SUNDAY OCTOBER 15: Trip - Daniel Webster Tea Marshfield, MA</p>	<p>TUESDAY OCTOBER 31: Trip – South Shore Conservatory Faculty Concert, The Ellison Center in Duxbury, MA</p>	

# September 2017

Mon

Tue

Wed

Thu

Fri

## Happy Grandparents Day! September 10

**AGING MASTERY PROGRAM (AMP)**  
**Thursdays starting September 21 @ 9:30 AM - 11:00 AM**  
**10 weeks / 10 topics / Healthy buffer-style breakfast each week**  
**Limited to 28 participants: Please call to register by Sept 15**  
*Weekly topics: Navigating Longer Lives, Exercise/Mindfulness, Healthy Eating, Medication Mgmt, Falls Prevention, Sleep, Healthy Relationships, Financial Fitness, Advance Planning, Community Engagement*

1  
 8:30 Yoga  
 9:30 Bridge  
 9:45 Chair Yoga  
 10:30 Laughter Yoga

4  
 Labor Day  
 Holiday

5  
 9:00 Shaws  
 10:30 Mah Jong  
 1:00 Scrabble; Cribbage  
 1:30 Tai Chi

6  
 8:30 Yoga  
 9:15 Zumba  
 9:45 Mens Yoga  
 10:30 Café-Boatbuilding  
 4:00 Pickleball  
 6:00 Badminton

7  
 11:15 Balance for Life  
 1:00 Knitting  
 4:00 Art Class

8  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 11:00 Trail Walking  
 12:00 Friday Flix

11  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 11:15 Balance for Life  
 4:00 Pickleball

12  
 9:00 Shaws  
 9:00 Mens Breakfast  
 10:30 Mah Jong  
 1:00 Scrabble; Cribbage  
 1:30 Tai Chi  
 3:00 Quilt Group Meeting

13  
 8:30 Yoga  
 9:00 Mall  
 9:15 Zumba  
 9:45 Mens Yoga  
 4:30 Meditation  
 4:00 Pickleball  
 6:00 Badminton

14  
 11:15 Balance for Life  
 1:00 Knitting  
 5:30 COA Board Meeting

15  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 September 16: FOSS Fashion Show

18  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 11:15 Balance for Life  
 12:30 Art Class  
 4:00 Pickleball

19  
 9:00 Cardio begins  
 9:00 Shaws  
 10:30 Mah Jong  
 1:00 Scrabble; Cribbage  
 1:30 Tai Chi  
 3:00 Memoirs

20 8:30 Yoga  
 9:15 Zumba  
 9:45 Mens Yoga  
 12:00 Caregivers Support  
 1:00 Lifelong Learning Local  
 History with Bob Jackman  
 4:00 Pickleball  
 5:00 Supper Out @Mill Wharf  
 6:00 Badminton

21  
 9:30 AMP—Week 1  
 11:15 Balance for Life  
 1:00 Knitting  
 4:00 Art Class

22  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 12:00 Friday Flix  
 Trip: Scallop Festival

25  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 10:30 Book Club  
 11:15 Balance for Life  
 12:30 Art Class  
 4:00 Pickleball

26  
 9:00 Cardio  
 9:00 Shaws  
 10:30 Mah Jong  
 1:00 Scrabble; Cribbage  
 1:30 Tai Chi  
 3:00 Memoirs

27  
 8:30 Yoga  
 9:00 Mall  
 9:15 Zumba  
 9:45 Mens Yoga  
 1:00 Lifelong Learning Local  
 History with Bob Jackman  
 4:00 Pickleball  
 6:00 Badminton

28  
 9:30 AMP—Week 2  
 11:15 Balance for Life  
 11:30 Expressive Writing  
 1:00 Knitting  
 4:00 Art Class

29  
 8:30 Yoga  
 9:30 Joint Efforts  
 9:45 Chair Yoga  
 12:30 Lunch & Learn

## Social Services & Outreach

Did you know we offer a **Friendly Visitor Program**? If you are interested in being a visitor or you would like to receive a social visit one hour/week, please call Jenny or Lisa at 545-8722 to learn more details.

**Van transportation is available by calling the Senior Center at 781-545-8722. 48hrs ahead**



### **MONDAY, WEDNESDAY & FRIDAY**

**12:00-1:00 PM**

**@ Harbor United Methodist Church, First Parish Rd;** \$3 sponsored by **South Shore Elder Services.**

**Meals on Wheels** program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

**THURSDAY, 12 NOON @ Congregational Church, 381 Country Way.** This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations.

**Monthly Community Dinner** No Reservations

**4th SUNDAY, 5PM @ St. Luke's Episcopal Church,**

This is a free, community dinner for all ages sponsored by various community groups..

**Dana-Farber's Mammography Van** **Tues, Sept 12, 2017**  
**7:30AM to 3:00PM**

The Van will be at **St. Luke's Episcopal Church, 465 First Parish Road, Scituate.** Screening mammograms will be performed by Dana-Farber mammography technologists and read by board-certified radiologists. Age 40+ please call to schedule an appt at 617-632-1974.

### **HEALTH FAIR**

**Tuesday, October 24**  
**10am—1pm**

Health Fair presented by The Senior Center/COA  
Over 40 vendors will be at the fair to answer questions, provide screenings, offer raffle prizes and more!  
Bagged Lunch available to the first 50 attendees.

Fair to be held at St. Mary's Parish Center.  
Van Transportation available, please call the COA at 545-8722

### **Get Ready for Medicare's Open Enrollment!** **October 15 - December 7, 2017**

Fill out the SHINE Pre-Enrollment form so you can receive information about the best Medicare Part D Prescription Drug Plan for you in 2018. Forms are available at the COA/Senior Center. You can bring the form back to the Senior Center. Results will be mailed back to you!

**NOT Accepting Appointments for PART D drug searches!**

### **TUESDAYS @ HOUSING AUTHORITY ~**

**Jenny Gerbis, Outreach Coordinator** at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say "hello" and see what information is available to you, or just have a chat.

#### **September**

9/5 10:30AM at Lincoln

9/12 10:30AM at Central

9/19 10:30AM Wheeler I, 11:00AM Wheeler II

#### **October**

10/3 10:30AM Lincoln

10/17 10:30AM Central

10/24 10:30AM Wheeler I, 11:00AM Wheeler II

### **SHINE—by APPOINTMENT**

#### **Serving the Health Information Needs of Everyone**

Call for an appt. with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an available time on the following dates. **NO PART D DRUG SEARCH APPTS.**

**September:** Thurs. 9/7, Tues. 9/12, Thurs. 9/21, Thurs. 9/28

**October:** Thurs 9/5, Tues 9/10, Thurs 9/19, Thurs 9/26.

### **Clutter Reduction Support Groups**

**\*New groups anticipated starting this October\***

Is Clutter...

Taking over your home or workspace?

Creating safety problems in your home?

Affecting your life and your relationships?

Learn more about how to manage the problem and find support among others who may have similar concerns. For more information, or to join the waitlist, please contact Laura Minier, LICSW, Manager of Social Services at (781) 378-1653.

### **Fuel Assistance**

Recertification applications for Fuel Assistance from South Shore Community Action have been mailed to some clients. If you are in need of assistance filling out the 2017-2018 application please call Jenny Gerbis Outreach Coordinator 781-545-8722 x14 BY APPOINTMENT



## Age Well at the Senior Center—fun & learning!

### "FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!  
65" FLAT SCREEN TV & SURROUND SOUND

Sept 8: **Chasing Coral**, NR,  
90min, Documentary

Sept 22: **Megan Leavey**, PG13,  
2hr 6min, Drama

Oct 13: **Their Finest**, R, 1hr  
50mins, Comedy/Drama/Romance

Oct 27: **A Man Called Ove**, PG13, 1hr 56mins, Comedy



**Friday, Sept 29 @ 12:30pm**

**Welch Senior Living hosts**

**"LUNCH & LEARN" and Name That Tune!**

**Lynda Chuckran will be singing**



Come for the delicious food, come for the music, come to see friends, come for the fun of it!  
Please call to reserve a seat @ 545-8722

### Lifelong Learning Class

**Wednesdays 1—2:30pm**

Tuition \$20

Sept 20 – Oct 25

**Architecture of Old Country Way Scituate** w/ Bob Jackman  
will survey some of the better documented houses that once stood in proximity to earlier versions of Country Way and which are still standing. We will draw extensively on information on the MACRIS website, architectural studies and local histories. For the selected houses, we will examine both the home's architecture and also the lives of some well documented residents who lived colorful, interesting lives. At times the program will expand from a discussion of architecture to a broader look at practices, customs, and local life of earlier times. Classes will be centered around PowerPoint slide presentations with lots of dialog among class members, to the point that the class at times will become a seminar.

### QUILTING GROUP Tuesday, Sept 12

Planning Meeting 3:00-4:00pm

Join other quilters, experienced and beginners.

Call if interested 545-8722



### COA Book Club

**Monthly on Monday**

*New members always welcome!*

September 25 **We Were The Lucky Ones** by Georgia Hunter

October 16 **A Man Called Ove** by Fredrik Backman



MOVIE: October 27 @ Noon **A Man Called Ove** after you read the book!

### Dine Out

**Wednesday, Sept 20 @ 5:00pm**

**MILL WHARF RESTAURANT**

**Wednesday, October 18 @ 4:30pm**

**THE BRIDGEWAY (Marshfield)**

Call the Senior Center for reservation. Van available.



### WRITING MEMOIRS

**Tuesdays 3:00—4:30 PM**

FREE

Sept 19—October 24

*We have all had significant experiences in our lives that we often wish we had recorded, either to share with our children and grandchildren, or to examine how these experiences have shaped our lives.*

In this SIX week workshop, Paula Delaney will facilitate participants and provide specific prompts and guides that will trigger memories of childhood, family events and major life experiences. Writing products from these meetings can remain private or can be shared with the group. **No previous writing experience is required to participate in this workshop, as the focus is not on the quality of writing, but on recording life events in a non-judgmental atmosphere.**

Bring pen & notebook; or iPad/laptop

### PAINTING CLASSES

Monday 12:30-3:30pm

Thursday 4:00-7:00pm

Ongoing @ Senior Center

\$10 class

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea.

Supply list available. Call for details @ 545-8722;

No class on 2nd Thursday of the month.

*Monday class begins September 18*



### TECH TIME

**Wed. 3:00-4:00pm**

w/ Scituate High School students

**Sign up** to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club SHS students in grades 9-12, experienced and ready to help you adapt to our new technology! **Tentatively Scheduled for Oct 11**

### EXPRESSIVE WRITING

**Thurs. 11:30—12:30pm**

Sept 28 — Nov 16


Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! We just care about what you have to say! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.



## Body & Brain Health at the Senior Center—fun & fitness!

<b>Dance Classes with Vivienne Leonard</b>	<b>MULTI GENERATIONAL Yoga 2nd Thursdays @ 10:30am</b>
<b>Location TBA</b> Beginning Oct. 16,17,18	Join us for this lighthearted introductory yoga class with no age boundaries. From preschoolers to seniors we will stretch, practice balance and use breath work at various levels. Youngest ones will fly like airplanes while others may use a chair for support. We all become ageless for a few minutes during meditation. Afterwards enjoy some social time making new friends from all generations.
<b>Jazz &amp; Tap classes</b> with long time Scituate Instructor.	<b>FREE!</b> Generously funded by the <b>Scituate Education Foundation</b> .
<b>Mondays 6:15-7:15pm</b> —JAZZ DANCE for Exercise and Enjoyment	Led by Kim Spires. This group will meet once per month for 6 months, October 10 – March 8. Questions– call Kim: 781-545-2952. To reserve a space in this class, call 781-545-8722.
<b>Tuesdays 6:15-7:30pm</b> - Tap for Fun and Fitness - “Advanced Beginner” through Intermediate	Class held at <b>SCITUATE LIBRARY Community Room</b> .
<b>Wednesdays 6:00-7:30pm</b> - Tap for Fun and Fitness—“Advanced” Advanced (must be able to do triple time step)	
Call 545-8722 for location and class fees	

### EXERCISE & WELLNESS CLASSES—DAYTIME WEEKLY & BI-WEEKLY CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB			9:45 Men's Yoga	HCB	10:30 Multig Yoga Monthly	LIBR	9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC			9:15 Zumba Gold	TBA			9:30 Joint Efforts	SC
11:15 Balance 4Life	HCB					11:15 Balance 4Life	HCB	10:30 Laughter Yoga (1 <sup>st</sup> Friday)	HCB
		1:30 Tai Chi	HCB					1:00 Trail Walk	SC
HCB = Harbor Community Building @ 44 Jericho Rd / SC= Senior Center				4:30 Meditation	SC			Meet at Senior Center for Carpool	

Floor Yoga: Anne/Elizabeth, \$10/12 Chair Yoga: w/ Anne/Elizabeth, \$5

Men's Yoga: Anne, \$10/12

Balance For Life: Stretch, strengthen & tone with Sue! Lots of fun! \$3

Tai Chi: Improve balance with this 24 week program. Can begin every 8 weeks; next Lesson 1 on October 10. Linda/Phyllis; \$2 donation.


Joint Efforts: Phyllis/Ann-Marie: \$2

Cardio: Chris, \$4

Laughter Yoga: Jill, FREE

Zumba: Dance Exercise– fun & fitness, Pasqualina, \$5

Meditation: Guided meditation classes, Mary, \$7

<b>Bowling League</b> <b>TUESDAYS</b> 9:30-11:30 AM <b>At Satuit Bowlway</b> Cole Parkway Join for \$5 which includes End of Season Banquet; \$10/wk for lanes & shoes.	<b>Pickleball</b> <b>Mondays, 4:00-6:00 PM</b> <b>Wednesdays, 4:00-6:00 PM</b> @ Jenkins School Doubles; four courts; rotating play. Nets, beginner paddles and balls provided by the Senior Center. Instruction available. Help with setup/cleanup. <i>This is a volunteer-led Senior Center program.</i>	<b>Badminton</b> Wednesdays, 6:00PM @ Jenkins School Our popular drop-in Badminton program will resume on Sept 6 or Sept 13. <b>All are welcome!</b>	 <b>SPORT Games</b>
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### BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

**Scrabble—TUESDAYS @ 1:00-2:30PM & Cribbage—TUESDAYS @ 1:00-2:30PM**

**Mah Jong—TUESDAYS @ 10:30-12:30** This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

**Bridge Play— 1st & 3rd FRIDAYS @ 11:00AM. Looking for players. All levels welcome.** We would love to have multiple bridge groups—SIGN UP is REQUIRED to complete groups. **Please call on Thursday to confirm.**

**CATHERINE MCGOWAN SENIOR CENTER**  
**27 BROOK STREET**  
**SCITUATE, MA 02066**

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The cost of mailing this newsletter is supported by funds we receive from the state  
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merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertise-  
ment in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

### **Senior Center Site Survey**

Check Town website, Facebook  
or call Senior Center for  
availability and assistance.  
Notice will appear in Mariner.

Meetings for the **Council on Aging Board** are scheduled for the  
2nd Thursday of the month at the Senior Center. These are pub-  
lic meetings & are videotaped to be played on Scituate Cable  
TV. The next meetings are: Sept 14 & Oct 12 at 5:30 pm.

### Upcoming FOSS Fundraising Events:

**Fashion Show @ St. Mary's Hall**—September 16, 12noon-3pm

**Trivia Night @ St. Mary's Hall**— October 20, 6pm-9pm

**Christmas Fair @ St. Mary's Hall**— December 2, 9am-2pm

*All events support the Senior Center Building Fund*

### **WE ARE ON-LINE TOO!**

You can read this newsletter on-line BE-  
FORE it comes in the mail. Go to: town  
web page- [www.ourseniorcenter.com](http://www.ourseniorcenter.com)

*Find: Scituate Council on Aging.*

You can sign up with your e-mail and  
receive notice when it is published (well  
before mailing!).

Follow us on Twitter: @ScituateCOA

“Like us’ on **Facebook**: Search  
**Scituate Council on Aging** AND  
**TownofScituate**

*and Share to your friends!*

Consider joining the **Friends of Scituate Seniors** to lend your support to  
fundraising efforts for a new Senior Center. \$5/annual membership

The Friends’ volunteer, 501(c)(3) non-profit organization is estab-  
lished to **raise funds for a new Scituate Senior Center** and to **as-**  
**sist the Scituate Council on Aging with financial support** for  
programs, material needs and events.

The events they sponsor champion the work of the Senior Center  
and together with the COA help to create new supporters in the  
community. Please send your name, address, phone and email ad-  
dress to FOSS at P.O. Box 75 Scituate, MA 02060.